

Kidney Diseases More Frequent in Women

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The kidneys are among the most vital organs of the body and are more vulnerable to disease and infection than is generally realized. Though some 100,000 deaths from diseases of the kidney occur annually in the United States there is, as in the case of taxes, a hidden figure as well. For in many instances where disease or accident is listed as the cause of death, in actuality death has occurred because the kidneys either cease to function adequately or cease to function at all as a result of the condition officially reported as the cause of death. There is no one "kidney disease" although the term is frequently used. Many different diseases and conditions may affect these organs and among the most common are pleonephritis, nephrosis, acute or chronic glomerulonephritis

(Bright's disease), kidney stones, tumors, and so forth. Other diseases and conditions occurring elsewhere in the body, ranging from malignant hypertension to poisoning and from diabetes to lupus erythematosus, may also impair kidney function. All in all, there is no getting away from the fact that the kidneys can give rise to a lot of trouble.

WOMEN are more frequently afflicted with diseases of the kidney than are men, though in children kidney trouble of one sort or another seems to occur as often in one sex as in the other. Pregnant women are particularly susceptible to kidney infections, which constitute one of the major hazards of pregnancy. Interestingly, kidneys are 2 to 4 times as active during the day as at night. Children's kidneys are about 4 times as active as those of an adult, and

this makes a child's frequent requests for attention in this respect more understandable. The most common symptoms that indicate kidney trouble include low back (flank) pain; burning or frequency of urination; coffee colored, smoke colored or bloody urine; swelling of the face or feet; and unexplained high blood pressure or anemia. All of these symptoms may not be present or may be absent altogether depending on the basic trouble and its severity.

FOR MANY years it was thought that the main function of the kidneys was to help in the elimination of body wastes after all nutrients had been extracted from the food ingested, but research has shown that kidney function includes much more than this. The kidneys also maintain an exact balance of water and chemicals in the body fluids. When this

balance is upset, none of the other organs within the body can function properly and lethal poisons begin to accumulate.

The kidneys are therefore extremely active and extremely important. They filter and return to the bloodstream almost 3 times the entire body weight in water and salts every 24 hours. During this period, about 2 quarts in the form of urine are sent to the bladder to be flushed out of the body.

Treatment of diseases of the kidney depends wholly on the basic cause of the trouble. Some antibiotics are helpful in some conditions while different drugs may be needed in others. In some instances, where tumors or stones are involved, surgery is the only remedy. And there are some few cases where very little can be done.

IN ANY CASE where a disease of the kidneys may be suspected, it is advisable to consult a doctor without delay. In many kidney conditions or in conditions that may affect the kidneys, treatment is so much more effective when started early in the course of the disease.

Though much significant research on kidney diseases has been done in the past decade, much has yet to be learned about these active little organs and the maladies that destroy them.

Additional information on the kidneys and on kidney diseases may be obtained without charge by sending a card of request to the National Kidney Disease Foundation, Southern California Chapter, 5880 San Vicente Blvd., Los Angeles, 12.

Re-enlistment Ceremony Leaves Bell 'Up in Air'

Sp/5 Everett M. Bell, son of Mr. and Mrs. George H. Bell of 5500 Torrance Blvd., was re-enlisted for six more years of Army service in the controlled air space above Ft. Richardson, Alaska, recently.

The 22-year-old crew chief on one of the U.S. Army, Alaska's "Mohawk" photo-reconnaissance aircraft pledged his oath while the aircraft was in flight over Ft. Richardson.

ACCORDING TO Army regulations there are three basic requirements for a re-enlistment ceremony: a commissioned officer to administer the oath, an American flag, and a witness to the ceremony. Captain Clarence L. Heiss,

pilot of the "Mohawk," administered the re-enlistment oath to Bell. The requirement for a flag was fulfilled by draping the inside of the canopy of the aircraft with a small "Old Glory." But the requirement for a witness posed a problem. The "Mohawk" is a two-place aircraft.

ARMY SIGNALMIEN solved this problem. They rigged up a loudspeaker system that would allow the soldier to repeat the oath over the aircraft radio and it would be broadcast over loud speakers set up on the ground. Several hundred of Bell's fellow soldiers at Bryant Army Airfield heard him take the re-enlistment oath as he

flew over Ft. Richardson. Specialist Bell is a five-year veteran of Army service. He has served with the Army in Alaska since October, 1961. He and his wife, Bobbie, live at 201 S. Bragow St., Mountain View, Alaska.

Home Loans Top 1.6 Million Mark

More than \$1,695,000 in home loans were made through the Torrance branch of Glendale Savings and Loan Assn. during June, Charles Cederlof, assistant vice president, announced this week. Loans made through the 12 branches of Glendale Savings totaled nearly \$12 million during the month.

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